



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

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## FISH AND WILDLIFE SERVICE

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## FWS SAYS OCEAN PERCH FILLETS ARE GOOD LENTEN FISH BUY

One of the best buys in fish during the 1952 Lenten season is ocean fish fillets, says the Fish and Wildlife Service.

In addition to being inexpensive and plentiful, these fillets are easy to prepare and attractive to serve.

Although long familiar to fishermen, the ocean perch (sometimes called rosefish, redfish and sea perch) is a species not too well known to homemakers. Since nearly all ocean perch comes to market as frozen fillets, the housewife seldom sees the whole fish. (Fillets are the sides of the fish cut lengthwise away from the backbone, and are practically boneless.) Most ocean perch fillets are small and run about eight to a pound. They can be identified by the mottled reddish skin that distinguishes them from other fillets.

Practically any of the basic cooking methods for fish can be used to prepare ocean perch fillets. The following recipes, however, are suggested by the Service's home economists as being just a little out of the ordinary.

OCEAN PERCH KABOBS

2 pounds ocean perch fillets	6 slices bacon
1 teaspoon salt	4 tomatoes
Dash pepper	$\frac{1}{4}$ cup French dressing

Cut fillets into strips about 1 inch wide and 4 inches long. Sprinkle with salt and pepper; roll. Cut bacon into squares and tomatoes into eighths. Using long skewers, alternate a roll of fish, square of bacon, and tomato section until skewers are filled. Brush with French dressing. Place on a preheated, greased broiler pan about 3 inches from the source of heat. Broil 6 minutes, turn and brush with French dressing. Continue broiling 5 to 6 minutes longer or until brown. Serves 6.

OCEAN PERCH CREOLE

2 pounds ocean perch fillets	3 tablespoons chopped pimiento
$\frac{1}{4}$ cup butter or other fat	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	Dash pepper
2 cups tomato juice	Rice ring
2 tablespoons chopped onion	

Skin fillets and cut into 1-inch pieces. Melt butter, blend in flour and add all remaining ingredients except rice. Cook, stirring occasionally, about 15 minutes or until fish flakes easily when tested with a fork. Serve hot in rice ring. Serves 6.

## HOT OCEAN PERCH SANDWICHES

1 pound ocean perch fillets	$\frac{1}{2}$ cup chopped onion
1 egg, beaten	3 tablespoons mayonnaise or salad dressing
$\frac{1}{2}$ teaspoon salt	1 tablespoon prepared mustard
Dash pepper	6 slices tomatoes, cut in half
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ teaspoon salt
6 finger rolls	

Combine egg, salt, and pepper. Dip fish in egg and roll in crumbs. Place fish in a heavy frying pan which contains about 1/8-inch of fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown other side, cooking time about 10 minutes depending on thickness of fish. Drain on absorbent paper.

Cut rolls in half and remove some of the soft inside center. Combine relish, onion, mayonnaise, and mustard; spread on rolls. Place fried fish on rolls, top with tomatoes and sprinkle with salt and pepper. Replace tops. Wrap each sandwich in wax paper. Heat in a moderate oven, 350°F., for 10 to 12 minutes or until heated through. Serve hot. 6 sandwiches.

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